

FROM THE DEPTH OF MY HEART...

Dearly Beloved,

Greetings in the Name of our resurrected Lord Jesus Christ!

It is a great joy for us to be in touch with you through this magazine. Since we are in the last hour of the last days, the devil is trying his best to steal our joy to stop the life of God to manifest through us. The joy of the Lord is our strength (Neh.8:10). Whatever you do for God and His Kingdom does it full heartily with joy and gladness (Dt.28:47; Col.3:23). Your reward is near. Thank you so much for everything that you do for this ministry. We bless you with all the abundance of Christ to manifest in your life and ministry.

Beloved, if you feel today that God is expecting something from you, never delay a single moment. He came into your life to possess you totally for Himself. Be completely available to Him! Don't hold anything dear to your heart. Let go of everything. Believe that this Abraham-nature is imparted to you in Christ. The One who lives in you has given Himself for the world. He never pleased Himself (Ro.15:3). He never sought honor for Himself (Jn.5:41,44). He never held anything back for Himself. He is your new life now! His nature is your nature. If you see this truth, sacrificial living becomes spontaneous for you! You find delight in pouring out yourself for others. Be ready to spend and be spent for God and for your generation today (2.Co.12:15).

The 9th batch School of the Holy Spirit for Ladies is going on now. We have 150 students from Madhya Pradesh, Chattisgarh, Jharkhand, Delhi, Maharashtra, Karnataka, Andhra Pradesh, Kerala, Tamil Nadu,

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Dubai and London. The Holy Spirit is working powerfully in each and every one of them. Mighty manifestations are taking place and our dear ladies are going from one level of glory into another level of glory.

Our second batch of School of the Holy Spirit in North India is also going on very powerfully. The Holy Spirit is plucking every hidden trap of the enemy and preparing the students for the powerful ministry in North India. Continue to pray for these schools and for many more such schools to happen all over the states of India. We have our next three months school from the month of August till October. Start praying now and be a part of it. You shall become a different person. For details please visit www.ezekiahfrancis.org or call +91-44-26501290.

We are planning to go to Germany in this month. Pray for the programs in Germany and we want to see fruit of our labor in Germany. We need to start training schools in Germany as well, as this is the right time to release the laborers into the harvest field. We have to be wise and redeem the time as the days are evil (Eph.5:16). We need much prayer for the right and faithful people to join us and help us.

Pray for me and my wife, for our ageing parents, as well as for our leaders and staff. May the Lord Almighty help you possess whatever God has already established for you in the spiritual realm, and may He make you a blessing to the nations. Be the head and never again the tail. Lend to nations and never borrow again. Let the blessings run before you and overtake you, in Jesus Name!

Your loving brother,

Alexis Francis



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Worship – The Beginning and the End

Dr. Ezekiah Francis

The Bible can be called a book of worship. The main theme of the scriptures lies in the opening phrase of Genesis “In the beginning God”.

Since worship lingers around God, worship was also there in the beginning. It was the personal experience of all the saints of yore. Their whole attention was on God and it was their prime purpose in life. Of all the aids of grace, worship is the highest and the important. As God reigns supreme over the entire universe, worship is above all other experiences. Prayer is a marvelous gift of grace, but it stands only next to worship in importance. Evangelism is of course essential but worship has greater significance. Praise and worship need to be restored to the church once again. Let us examine the bible as a book of worship.

Angels

The angels, who praised and worshipped God, still serve Him in glory. But those who would not, have lost their glory and wander as Satan and his hosts. Just think how disastrous it is to fail in the matter of worship.

Adam

As long as Adam and Eve sought God and worshipped Him, they were immersed in exuberant joy, in His presence in the Garden of Eden when Eve heeded Satan and Adam in turn inclined to Eve they drifted faraway from God, lost their divine glory and the Joyous life of Eden. They lost everything and plunged mankind in to

spiritual darkness. Worship brings forth radiance of His Glory where as neglect of worship pushes people in to the gloomy presence of Satan.

Abel

Abel, who worshiped aright, has been hailed as righteous man and first martyred. Cain, who failed, became a murderer and fugitive thus worship is the scale by which a person is exalted as righteous or condemned as wicked.

Seth

The descendants of Seth worshipped God and received glory (Gen.4:26). The descendants of Cain, who did not worship, bore the curse. Enoch and Noah who walked with God descended from Seth. Only the true worshippers can beget upright servants of God and bring blessings upon their descendants. Those who failed to worship God were drowned in the mighty flood. Indeed praise and worship determines the eternal destiny of an individual.

Noah

Noah knew the power of praise built an altar to God and worshipped Him with burnt offerings. When the Lord smelled it as a “sweet savor he said in His heart,” I will not again curse the ground any more for man’s sake

While the earth remains

Seed time and harvest

And cold and heat,

And winter and summer,

And day and night

Shall not cease” (Ge. 8:21, 22)

It is due to worship that we enjoy all the blessings of seasons, harvest and seed time. The mist and rain that water the ground are the results of true worship. Truly worship pacifies the wrath of God and brings Prosperity to the nations.

Abraham

Abraham, a descendant of Noah was an incomparable worshipper. God called him out of idol worship and made him a Jehovah worshipper. Through his descendants all the nations are blessed. Yes, the generations of the worshippers are a blessed race upon the earth.

Abraham built altars wherever he went and worshipped God. His most treasured relationship was with God. Each time God made a fresh promise to him; he built an altar and called upon the name of the Lord. The Lord appeared to him ten times. Yes, only the one who has made worship a practice can see God; can become an intimate friend of God; can receive revelations from God and be a prophet. Worship is essential in order to receive and inherit God's promises.

Isaac

Isaac rejoiced perceiving God from various angels. He saw God as his Master, as Jehovah, and as Elshaddai - The Almighty God. He built an altar and called upon the name of the Lord. Immediately after this, King Abimelech who once drove him away with enmity came voluntarily to make a covenant of peace with him. He also bore witness “Surely God is with thee”. Yes, worship wins for us the respect of our enemies. When our ways please Him, even our enemies would become our friends as He promised (Ge. 26:25-31).

Jacob

Jacob also venerated God. He too built an altar and worshipped Him. His children were blessed of God, so that each became the head of a tribe. Esau who failed to worship God inclined his

heart to his fleshly desire and lost his birthright. But Jacob worshipped God even in dying moments (Heb.11:21). He was renamed Israel and a nation was named after him. Even today the names of true worshippers are honored.

The Israelites

When the Israelites were In Egypt, they did not worship God. How could they, when in bondage? They were in the great agony when there was no worship. They groaned under the weight of the yoke. The Lord heard their groaning and looked upon them. He remembered His covenant with His true worshippers Abraham, Isaac and Jacob. He delivered the children of Israel and brought them out of Egypt so that they might worship Him. We too have been set free only to worship Him. Through Moses the Lord spoke to Pharaoh again and again, “Let My people go, that they may worship Me”. When he refused, the Lord sent terrible plagues to correct him. Yes, it is dangerous to prevent people from worshipping God. Opposing worship is the main cause for most of the plagues and afflictions in the lives of many today.

Prosperity and Adversity

Redeemed Israel arrayed behind mosses singing and praising God. They progressed every time they worshiped God. But whenever they lost the sense of gratitude and murmured against Him, they were destroyed. This was their history during their forty years in the wilderness. Worship determines a person's advancement or annihilation. Three thousand who worshiped the golden calf faced death. Twenty four thousand died of plague when they were lured by the beauty of the Moabite woman and went after their gods. Whenever they swerved from the worship of God, death and destruction was their portion. Wrong worship engulfed many.

The Sanctuary

To turn the hearts of the wandering Israelites and make them worship Him, the Lord made them to construct a sanctuary for Him. Detailed instructions regarding the tabernacle, the choice of wood for the

ark of covenant, its measurements, the mercy seat, the Cherubim, the table, the lamp, the veils, the sacrifices and the attire of the priests are all given in Scriptures. So many chapters and hundreds of verses have been set aside for these details. This shows the emphasis God has placed on worship.

As a boy, I used to wonder why such elaborate description of the Tabernacle ran through many pages of the Bible. But when I understood God's expectations concerning worship, all my questions vanished. The book Leviticus is centered on worship. This book explains in detail the sacrifices, offerings, sanctification needed for worship and different feasts to be celebrated. These eventually explain the significance of God attaches to worship. God has taken two chapters of the Bible to explain the creation of the entire universe. But he has allotted several chapters to describe every single details of worship. Has he not expressly spoken, "The people I have formed for myself; they shall declare my praise" (Isa. 43:21). Oh! How much God's heart longs for worship?

The Priests

The Lord set apart the priests for His service. As priests offered worship, they were the ones to encamp every near to the tabernacle. The Levites encamped only after the order of the priests. This order of encampment suggests that those who worship God dwell closer to him than others.

Among the Israelites a man had to be twenty years old, to be enlisted in the army. But to serve in the sanctuary, a Levite had to be at least twenty five years of age; whereas to serve as priests the sons of Aaron had to pass the age of thirty (Num.1:3; 8:24; 4:3) because the priests who served in the place worship had to be spiritually mature. Worship is the most noble, marvelous, essential and foremost service to God.

The Judges

The time of the Judges too were centered around worship. After the time of the godly generation, there arose a neither new generation which did know the lord nor miracle he had done for Israel. They forsook the Lord, and worshiped the Baal and provoked the



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Lord to anger. Therefore He sold them into the hands of the enemies. Whenever they repented and turned back to Him. He raised up the Judges to deliver them. When they repeatedly departed away from Him, He subjected them to be subdued by their enemies. Worship is the secret of victory over one's enemy.

The Kings

The same trend continued even during the period of the Kings. Whenever the people and the Kings sought the Lord and worshipped Him, He established them. When they worshiped false god, He scattered them and stuck them down. Saul who failed in worship was rejected while David the worshiper was exalted. David was one who set the order of praise and worship. Worship is not a David's invention, it organized from God. David was tribe of Judah which means praise. So was David's life. He praised God in all circumstances and therefore was ever victorious.

David

Saul did not seek the Ark of God during his reign (1.Chr. 13:3). But David desired to bring the Ark of the Covenant right into the capital as soon as he became the King. He changed the order of worship. He blessed the Lord at all times and praise was continuously in his mouth. For him, the lord was worthy to be praised all through the day. Therefore he appointed priests to praise and sing unto the Lord night and day. He poured out his emotions to God and rejoiced in him. He celebrated in His god who reigns in Zion. Besides, he longed to change all the people as people of worship. All the godly kings who followed him were victorious. The wicked kings who worshiped mammon and idols lost their nation and were destroyed totally by their enemies.

The Prophets

The exhorted godly people to raise up, love God walk in his ways. They condemned false worship. People who listened to them were protected from destruction and protected.

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The Saints in Exile

The Israelites who were taken captive to Babylon failed to worship their God. Because of this, they had to face many hardships. There they remembered Zion and lamented. It was during this period, faithful worshippers arose among them. Daniel worshipped the Lord unceasingly. Shadrach, Meshach and Abednego refused to worship anything other than the true God, walked through the fiery furnace and came out of it unscathed. Zerubbabel and Joshua came to Jerusalem and offered burnt offerings as instructed in the Law of Moses. They blew trumpets, sounded cymbals and sang songs of praise in turn, as king David commanded. Ezra and Nehemiah revived the worship at Jerusalem. They gathered the people together and worshipped the magnificent Lord. They celebrated feasts. While singing songs of praise they rebuilt the temple of the Lord and the walls of Jerusalem.

The Son of David

The lamp of worship initially lit by David was later extinguished. David's tabernacle had fallen. Jesus, the Son of David had to rise up the tabernacle of David. He restored the spirit of worship. At His birth, praise and worship exploded. Mary rejoiced and sang

*"My soul magnifies the Lord,
And my spirit has rejoiced
in God my Savior" (Lk.1:46)*

Elizabeth and Zachariah both praised the God of Israel with gladness. A heavenly host appeared to the shepherds, praised God and said,

*"Glory to God in the highest,
And on earth peace, good will toward men"
(Lk.2:14)*

Having worshiped the baby Christ, these shepherds returned "glorifying and praising God all the things they had heard seen, as it was told unto them" (Lk.2:20). Wise men from the East

also came to worship Him. They fell down and worshipped Christ though He was only a baby (Lk.2:11). They were blessed ones who saw God face to face in a dream. Simon took baby Jesus into his arms and praised God. So did Anna, the prophetess, who worshiped the Lord day and night. Thus, at Christ's birth worship abounded everywhere.

If there was so much worship at the first advent of Christ, how much more of the Spirit of worship shall be poured out at His second coming? If those who awaited the first coming of Christ prepared themselves with much praise and worship, how much more should we prepare ourselves for His glorious return?

The Lord commanded at Christ's birth, "Let all the angels of God worship Him" (Heb.1:6). Therefore, it is certain that a similar command would be given at His second coming also. Paul wrote,

*"For the Lord himself will descend from heaven
With a shout, with the voice of the archangel,
and with the trumpet of God" (1.Thes. 4:16)*

With exuberant worship Christ will reappear. He came with worship and He will come again with worship. While lived on earth He was worshiped continually. Now He receives worship from the saints in glory, from angels and from His people living on earth.

During the Gospels

The leper fell at Jesus' feet and worshiped Him. His skin became like that of a child and he was accepted in the society. When Jairus, a ruler, worshiped Jesus, he witnessed a miracle in his household. His daughter who was dead was restored to him alive (Mt.9:18). Praise inspires God to perform miracles.

When the disciples saw the fierce gale of wind and the tossing sea cease, they worshiped Him saying "Truly you are the son of God!" (Mt.14:32,33). How many times has the Lord stilled the storms of our lives? How often has He lifted us up from the overwhelming problems of our lives? Should we not

exalt such a great God and offer our gratitude and adoration? The more we draw close to Him, the more we should worship Him.

There was a woman of Canaan who came and worshipped Jesus, and her daughter was healed of demonic possession. The blind man who received sight worshiped Him, when He realized that Jesus was the Son of God. Even the unclean spirits trembled and bowed before Him. The man possessed by the legion also fell at His feet and worshipped Him. When Mary Magdalene and her friends met the resurrected Lord, they fell at His feet and worshipped Him. Theirs was a rare blessing of being the first to behold the Risen Lord. The eleven disciples worshiped the Lord as He ascended to heaven. Thus there was worship at the Lord's birth and also at His ascension to heaven. He received worship as a leader, savior and master. All who saw His majesty were impelled to worship Him. Such was His glory!

The Early Church

The early church was also a worshipping church. After bidding farewell to Jesus, the disciples returned to Jerusalem and spent their time in prayer and worship (Lk. 24:52, 53). This was before they received the fullness of the Holy Spirit. But when they were filled, they praised God and as the Spirit gave them utterance, declared in various tongues, the wonderful works of God. There was praise before and after Pentecost.

The worshipping leaders give birth to praising churches. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily, those who were being saved (Ac.2:46, 47 NIV). The early church abode the presence of God and abounded in worship. A worshipping church is a joyous church that has favor with all the people. It indeed, grows and expands every day. Not only

the church of Jerusalem, but the church of Antioch too was a worshipping church. It was a church which fasted and worshiped God. At such times the servants of God received the revelations of the Holy Spirit. They sang songs and worshipped God in the midst of trials and tribulations. Praises bring forth miracles in turn raise up sounds of praise.

The Epistles

The Epistles exhorted the church to praise God for everything. The main theme of the epistles is to glorify God with Spirit, soul and body. The next important purpose is to teach the church what the Lord has accomplished on their behalf for the glory of His grace. Instructions such as "rejoice in the Lord always" and "If a man is happy, let him sing psalms" emphasize continual worship. Epistles affirm that Spirit filled life is a life of worship.

The final Book

Lastly, the book of revelation reveals the beauty of worship. In every picture of heaven given in this book, the aroma of worship could be sensed. To be practice, the Bible can be called a book of worship. The more read and meditate on the word of God, the more we will see God, praise and worship Him. We have looked into the record of worship and its outcome of the Bible is to inspire God's people to worship Him and taste its sweetness by being partakers of this divine service.

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Rev. Benita Francis

Dear family of God, as we have seen, our brain is the most amazing wonder of God's creation! Every impulse, everything you see, hear, touch, smell or taste, is converted into electrical impulses so that your brain can understand it. All of that happens at lightning speed. Yet there is more to it:

When you see a scene, your brain doesn't perceive it as an entity. Your brain actually extracts vertical lines, horizontal lines, circles and squares, and stores each of them in a separate place! Imagine!!! Even the colors are stored in separate places, as well as the distance and the speed in the case of a moving object.

It's a pure miracle how your brain again brings all these informations together and makes you perceive them as one picture - and all of that at such an amazing speed that you never even know how much work your brain has done the moment you open your eyes and before you even perceive your surroundings! Doesn't this just make you want to worship your wonderful Creator!?!

Now imagine, that is just the brain of ANY person on this planet - but you are a born-again, Spirit-filled child of the Most High God! (If you don't understand what I'm talking about, please refer to the end of this book). You are so much more - you actually HAVE the MIND of CHRIST, the Anointed One, the Living Word, the Creator God (1.Co.2:16)!

Is there ANYTHING impossible for you to understand or to learn?!? Our Lord Jesus Himself

said that ALL things are possible with God, and ALL things are possible to him who believes (Mt.19:26; Mk.9:3; 10:27). So WHY should you fear that test or that exam???

Throughout life, your neural networks reorganize and reinforce themselves in response to new stimuli and learning experiences. The more you learn, the more your learning capacity actually increases! This body-mind interaction stimulates brain cells to grow and connect with each other by extending branches of intricate nerve fibers called dendrites (from the Latin word for "tree"). These are the antennas through which neurons receive communication from each other.

One healthy, well-functioning neuron can be directly linked to tens of thousands of other neurons, creating a totality of more than a hundred trillion connections! Each of these is capable of performing 200 calculations per second!

This is the structural basis of your brain's memory capacity and thinking ability! Research shows that the storage capacity of our memories is practically unlimited. Can you now understand that even the greatest genius would have used maximum 6% of a human brain's ability?

In this last chapter of our brain study, I want to challenge you once again to become all you can be! Use all the potential your Creator has put into you! Never think or say you cannot - because the only thing that can limit you is YOU! As our Lord Jesus says so clearly: "According to your faith let it be to you"

(Mt.9:29).

As science and understanding of brain processes progress, new learning techniques are being found out. I want to share a few of them with you here to help you maximize your brain.

Super-learning foundations

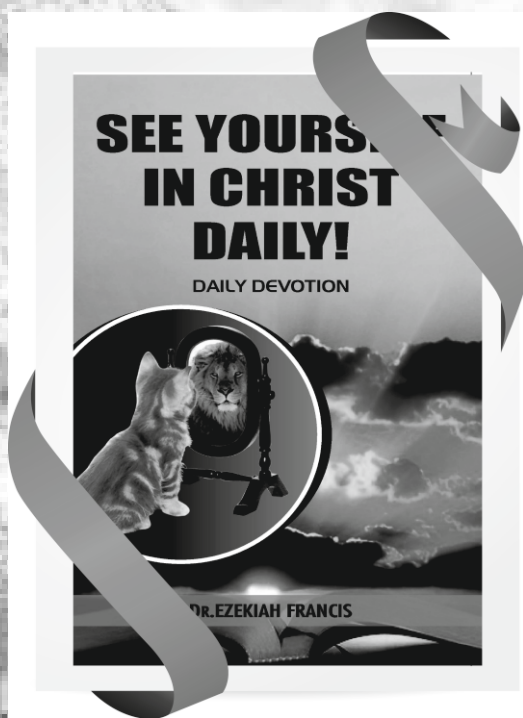
It is so true, "I can do all things through Christ who strengthens me" (Phil.4:13)! You can perceive, understand, learn and remember ANYTHING you want to, you just need to make the decision that you WANT to do so! Your brain will store and record what YOU consider important.

Imagine! Your God calls all the stars by name and brings out their host by name! By the greatness of His might and the strength of His power, not one of them is missing (Ps.147:4;

Isa.40:26)! He upholds the glorious universe and all things by the Word of His power (Heb.1:3)! In the Garden of Eden, Adam had the mental capacity to name AND remember ALL the animals (Ge.2:20)! Do you think he had to go to the giraffe and say, "Excuse me, what was the name I had given you?" If this was the brain capacity of Adam, how much more is your capacity as the holy Temple of the mighty Holy Spirit of your Lord and best friend Jesus, the Second Adam (1.Co.3:16; 1.Co.15:45)! So why should you fear and worry? Will your unbelief not hurt your loving God's heart?

Many scientists even believe that everything you ever studied is stored somewhere in your brain. The problem is that the links connecting you to the information are somehow corrupt, so that you cannot access the information. A proof for that is the many times you remember AFTER the exam what you just couldn't remember DURING it! It is therefore important to create as many access paths to the memory as

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possible. That requires a well-functioning brain with many active neurons and axons with well-working synapses and neurotransmitters.

Let me quickly repeat the foundations for brain fitness. Remember, not the hearer, but the DOER of the word (and even of this teaching) will be blessed (Jas. 1:25). If you only hear and read but don't DO, you are actually building your "brain-house" on the sand, and it will surely fall - most probably exactly at exam-time (Mt.7:24-27). If you don't build a strong foundation for a healthy brain, no "energy drink" or "brain-booster-coffee" will help!

Exercise regularly!

Do at least some aerobic exercises before you sit down to study. In between, get up, run around, jump and dance while you prepare your tea or coffee... use each and every opportunity to move, to get your heart pumping faster. It will pump fresh blood with precious oxygen into your brain! Exercise produces nitric oxide, a molecule that enhances creation of blood vessels throughout the brain. Of course, better brain nutrition means better brain function... so JUMP and DANCE and EXCEL!

Keep your stress levels down!

Stress kills your precious brain cells that you need so desperately, and it even inhibits the creation of new ones! Performance drops by 50% if you are under chronic stress. See stress as your deadly enemy and fight it with all your strength! REFUSE to worry! That's a COMMAND of your loving, understanding Lord Jesus, not just a little suggestion (Mt.6:25-34)!

"Be anxious for NOTHING, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all UNDERSTANDING, will guard your hearts and MINDS through Christ Jesus" (Phil.4:6-7). Pray,

praise and blast your stress!

Breathe correctly!

Deep belly breathing is one of the best ways to eliminate stress. It also activates the brain's theta waves, which is known to improve memory.

Eat healthy!

Feed your brain from morning onwards! Research has shown all over the world that breakfast skippers have shorter attention spans, lower academic performance and more behavior problems than people who eat a balanced breakfast. Use only full grain products to keep your blood sugar steady. Eat the right proteins and carbohydrates to be fit to study and later on slow down your brain to sleep. Add lots of fresh sprouts, fruit and vegetables. Add flax seed to your diet for brain-building Omega-3 fatty acids. Eat 5-6 small meals at even intervals. Don't overeat!!! If you feel sluggish after a meal, you ate the wrong thing, and probably also too much of it!

Keep good dental hygiene!

Tooth and gum disease are highly linked to clogging in your coronaries and also in your carotid arteries, the arteries that send blood to your brain. That means less blood, less oxygen, less nutrition for your brain. Make sure your teeth and gums are healthy and all plaque removed. Dental hygiene improves mental hygiene and produces geniuses!

Drink enough water!

Your brain needs water to function well, actually 2-4 liters per day. Try drinking a whole bottle of water before you sit down to study, and also before that exam. Your brain will run at top speed!

Give your brain fresh oxygen!

Study with open windows, or at least cleanse and service your Air Conditioner regularly if you have to study indoors. In my translation ministry, I have always found that words just flow easily when I

have some windows open. I can minister for hours and hours without any tiredness. Closed windows, however, produce headache, difficulty to concentrate and to find the right words, as well as mental and even physical exhaustion.

Your brain CRAVES for exercise because exercise provides it with fresh oxygen - but we have built our class rooms and studies in such a way that we just sit for hours on end. Try studying on a treadmill or stationary bike. Just ten minutes of exercise will wash the debris out of your brain and fill it with fresh nutrients, and at the same time you gain heart- and bone-health plus general stamina.

Did you know you can even exercise while sitting on your chair? Stretch your neck, arms and shoulders from time to time. Keep your legs moving. Paint circles in the air with your toes. Stretch and relax your legs. Move your arms and legs as though you were running at top speed.

You will breathe more deeply and increase your heart rate. Your stomach and back muscles will be strengthened and protect you from those “whole-day-sitting back pains”. Do that from time to time, as well as stretching exercises, and watch your brain efficiency and memory span increase.

One special brain-health-exercise is something you should do only during your studies at home, since most teachers feel offended by it. It is chewing gum! The chewing movement increases blood flow to your brain, and you will be able to concentrate and remember better. Use sugar-free gum to avoid blood-sugar hikes and crashes. No, I am NOT joking...

Get enough restful, uninterrupted sleep!

Intellectual performance after four hours of sleep is only 50% of what it could be after eight

hours of sleep! Get a good mattress and pillow. Have a comfortable sleeping temperature. Use a mosquito net, NOT chemical repellants, since they very much affect the brain.

Put thick curtains to keep your bedroom dark. Shut out disturbances like light and sound. If there is much noise around, try keeping very soft, instrumental background music in your room. “White noise creators” play sounds of ocean waves, waterfalls, rain or other soothing background sounds to help your brain relax and not get shocked and startled at every sudden noise from outside.

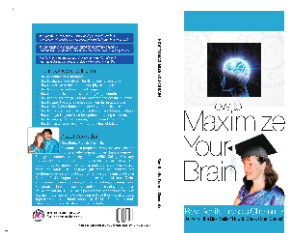
Don't clog your brain!

Avoid brain overload! If you need to study for an exam, don't put a lot of competing impulses into your brain. They will just “crowd out” what you tried so hard to learn! Emotions, sight and sound are very strong memory builders. So if you watch that touching or exciting movie, you can be sure you remember more of the movie than of your studies the next day.

Keep not only a restricted calorie “healthy-food-diet” but also a “low-input-diet” during exam preparation times. Concentrate on the essentials, and you will remember easily.

(This article is taken from Rev. Benita's “How to Maximize Your Brain”)

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